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BOOK REVIEWS

THE BABY'S FIRST TWO YEARS. By Richard M. Smith and Mrs. Henry Copley Greene. 141 pages. Houghton, Mifflin Company, Boston and New York. Price, \$1.25.

In this book the authors have made available for mothers a knowledge of simple health rules and of procedures relative to the care of a normal infant. Using the authors' own explanatory notes, we learn that "the book is divided into three parts. The first part, chapters I to X, is made up of definite rules for the care and feeding of infants up to two years of age; the second part, chapters XI to XIII, consists of general suggestions which may be modified to suit the individual baby; the third part contains recipes and charts."

The book first of all outlines the proper physical setting desirable for the health and comfort of the child; this is followed by a detailed list of necessary equipment and supplies. A word picture of a normal baby is followed by simple necessary rules for the development of a healthy baby, and for the recognition and treatment of common illnesses.

It is well known that with our modern continuous research studies along lines of health for children, a book cannot be written which will not introduce controversial subjects as to foods and hours of feeding. With our present knowledge of breast feeding one might wish that the value of breast feeding had been stressed more forcibly, but as the authors state "the question must be decided by the physicians according to the circumstances in each instance."

We have learned to think in terms of general health of the normal infant and of child life up to two years of age, but young mothers who appreciate the value of early proper environmental surroundings for babies are keen to have within their reach explicit rules and regulations which will assist them in the home training of their own babies.

This book, based upon scientific principles, which have been tried out in a practical manner, in a broad field and which have been expressed in understandable terms, will prove of inestimable value to the caretaker of the young child.

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THE VITAMINE MANUAL. By Walter S. Eddy. Williams and Wilkins Company, Baltimore, Md. 121 pages. Price, \$2.50.

The Vitamine Manual, by Walter H. Eddy, of Teachers College, is a valuable summary of known facts regarding the fascinating,

newly-discovered dietary factors called *vitamines*. The book may be considered authoritative, as Professor Eddy has published a great deal of work on the subject himself, and is in close touch with other prominent workers in the field. Investigations have proceeded at such a rapid rate that one who tries to look up the matter in the original reports published in the scientific journals is bewildered by the mass of material and detail. Such a book as this is welcome, since it gives us a survey of the history of *vitamines*, the facts of our present-day knowledge of their chemical structure and properties, with methods of testing for them, and their dietary significance. We must, however, remember, as Professor Eddy says in his preface, that "the whole subject is in too active a state of investigation to permit of more than a record of events and their apparent bearing." Not the least attractive feature of the book is its extensive bibliography. This makes it possible easily to refer to the original literature for more detailed information on particular points. The book should be valuable as a reference to two classes of people,—research workers, and those interested in health problems in general. Nurses will find the last two chapters especially valuable, as they deal with "How to Utilize the *Vitamines* in the Diet," and "The Diseases That Result from *Vitamine* Deficiencies."

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A LABORATORY HANDBOOK FOR DIETETICS. By Mary Swartz Rose. The Macmillan Company. Revised Edition, 1921, pp. 156. Price, \$2.10.

This is the new name under which appears the revised edition of the former *Laboratory Manual of Dietetics*. There is undoubtedly no book which has been so extensively used in the school laboratory and in the diet kitchen as has this one and the new edition with its additions and revisions will be found to be even more usable. One notable addition is the discussion of the relation of *vitamines* to the continued well-being of children and adults. Information to date on the distribution in common food materials of each of the three *vitamines* is very conveniently summarized in a table to indicate the relative richness in foods of these substances. An objection which might be made to including such a table in a book which probably will not be revised again for ten years is that the mass of *vitamine* information is still too shifting.

With so much attention directed at present toward child nutrition, it is gratifying to note a more extensive treatment of this subject including data for estimating children's food requirements and